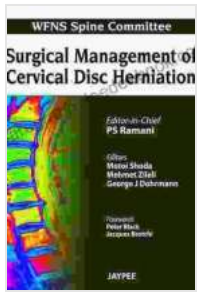


# Surgical Management of Cervical Disc Herniation: WFNS Spine Committee's Position Paper



Cervical disc herniation is a common condition that can cause neck pain, arm pain, and numbness and weakness in the hands. In most cases, conservative treatment, such as physical therapy and medication, can relieve symptoms. However, in some cases, surgery may be necessary to relieve pressure on the spinal cord or nerves.



## Surgical Management of Cervical Disc Herniation (WFNS Spine Committee) by Kern Singh

★★★★★ 5 out of 5  
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File size : 69438 KB  
Screen Reader: Supported  
Print length : 292 pages



The World Federation of Neurosurgeons (WFNS) Spine Committee has developed a position paper to provide guidance to neurosurgeons on the indications, techniques, and outcomes of cervical disc herniation surgery. This article summarizes the key points of the WFNS Spine Committee's position paper.

### Indications for Surgery

Surgery is typically recommended for cervical disc herniation when conservative treatment has failed to relieve symptoms. Surgery may also be considered if the patient has progressive neurological deficits, such as weakness or numbness in the hands or legs.

The following are the most common indications for cervical disc herniation surgery:

- \* Severe neck pain that is not relieved by conservative treatment
- \* Arm pain, numbness, or weakness that is not relieved by conservative treatment
- \* Progressive neurological deficits, such as weakness or numbness in the hands or legs
- \* Spinal cord compression

## **Surgical Techniques**

There are a variety of surgical techniques that can be used to treat cervical disc herniation. The most common technique is anterior cervical discectomy and fusion (ACDF). ACDF involves removing the herniated disc and fusing the two vertebrae together.

Other surgical techniques that may be used for cervical disc herniation include:

\* Posterior cervical discectomy and fusion (PCDF) \* Laminectomy \*  
Foraminotomy \* Artificial disc replacement

The choice of surgical technique will depend on the location of the herniated disc, the severity of the symptoms, and the patient's overall health.

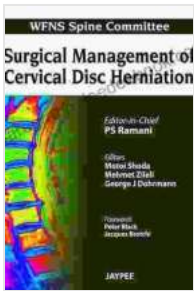
## **Outcomes of Surgery**

The outcomes of cervical disc herniation surgery are generally good. Most patients experience significant relief from their symptoms after surgery. However, there is a small risk of complications, such as infection, bleeding, and nerve damage.

The following are the most common outcomes of cervical disc herniation surgery:

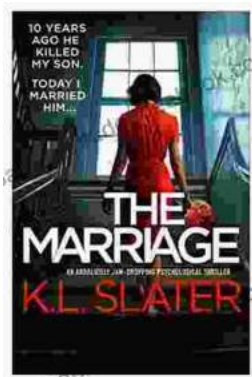
\* Relief of neck pain and arm pain \* Improvement in neurological function \*  
Return to normal activities

Cervical disc herniation surgery is a safe and effective procedure that can relieve symptoms of neck pain, arm pain, and numbness and weakness in the hands. The WFNS Spine Committee's position paper provides guidance to neurosurgeons on the indications, techniques, and outcomes of cervical disc herniation surgery.



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